

21 DAYS

*"We are what we repeatedly do. Excellence, then, is not an act, but a **habit**." Aristotle*

Positive Habit: (What do you want to do?)

Positive Habit Impact: (How will it change your life?)

Track your progress:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

10-day Check: (How's it going? What adjustments need to be made?)

21!! _____